### Mrs. Wilson Tells of Wise Economy

Select Most Abundant Vegetables-There's Enough of a Variety in Any Season to

Warrant This

By MRS, M. A. WILSON

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THE housewife who is making the purchases for the family cannot expect to economize if she orders on the hit or miss plan, without considerable.

Stir and beat until well blended. Cook in pan of hot water until thick like custard. This usually requires about three minutes after the mixture reaches boiling point. Now fold in the stiffly beaten whites of the eggs. First the hit or miss plan, without considering the supplies in the house, as well as marketing conditions. The success-ful housewife first studies the markets and then adjusts the menu to suit hese conditions.

Suggestive Menu for Three Meals a Day SUNDAY-BREAKFAST Baked Pears and Cranberries Cereal and Cream Potato Waffles Honey Coffee

#### DINNER

Celery Garden Ontons
Braised Fillets of Venl Brown Gravy
Sweet Potatoes Mashed Turnips Devil's Food Pudding

SUPPER
Baked Corn Pudding Baked Macaroni Sliced Tomatoes
Lee-Box Pudding Tea

Baked Pears and Cranberries Wash and peel the pears, entring em in half and placing them in a baking dish with the cut side up. Add One and one-half cups of established One cup of brown sugar

One-half cup of holling water.
Three-quarters cup of seeded causius.
One-half cup of finely chopped cuts.
Place lid on baking dish, and bake or three-quarters of an hour in a Potato Waffles

Place in mixing boul Two eygs
Two tublespoons of melted bytter
One tublespoon of sugar
One teaspoon of salt.

Whip up with rotary style egg beater, Three cups of flour, I level tenspoo baking powder and blend to smooth tter. Add one and one half cups of batter. Add one and one half cups of grated raw pointees and beat hard. Bake in the usual waffle manner.

Note. Rub the grated potatoes through a fine sieve before adding to

Fruit Sauce Two cups of water

39° or terns. Size terns. Size x54 inches.

EACH Seconds.

One cup of crushed canned fruit
One-quarter cup of sugar
Three tablespoons of cornstarch.
Stir to blend and bring to boiling the mold is full. Place on tee to chill. to blend and bring to boiling the mold is full. Place on tee to chill. Cook for five minutes and serve. Serve in slices and garnish with whipped

Ice Box Pudding

slices. Place in small saucepan

Three-quarters cup of milk Yolks of three eggs One tablespoon of cornstarch

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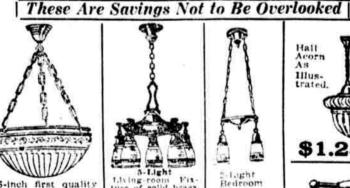


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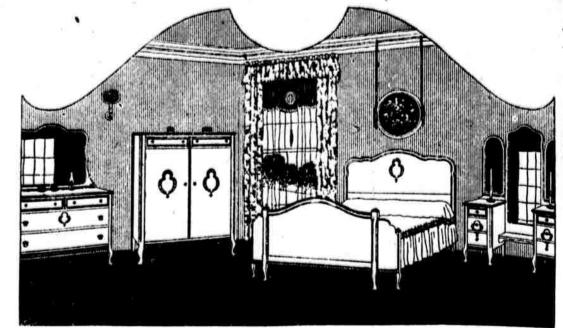
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